

Burrell Behavioral Health
Columbia TAY Team
Columbia TAY-BH/DD Team
Sedalia TAY Team
Springfield Adult Team
Springfield TAY Team
Springfield IMPART Team

BJC
St. Louis TAY Team

Compass Health
Nevada Adult Team
Belton TAY Team
St. Charles TAY Team
Jefferson City TAY Team

Family Guidance Center
St. Joseph Adult Team

Ozark Center
Joplin Adult Team
Joplin TAY Team

Places for People
St. Louis Adult teams:
ACT 1 Team
Home Team
IMPACT Team
FACT Team

Preferred Family Healthcare
Hannibal TAY-ITCD Team

St. Patrick Center
St. Louis Adult Team

Hopewell
St. Louis TAY Team

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Assertive Community Treatment



MO ACT NEWSLETTER ISSUE 25 WINTER - 2019 - 20

Hello from DMH by Lori Norval

This year, on November 19th, DMH once again hosted the Annual ACT Team Leader Face to Face meeting in Jefferson City at the Coalition building. The agenda, which was based on comments and feedback from the last years' meetings, allowed more time for leaders and other participants to mingle with one another. Introductions and announcements kicked off the meeting and the agenda included the "beach ball" ice breaker activity which, although the room arrangement posed a challenge for any beach balls running amok, was fun and interesting as an opportunity to get to know each other.

Participants were then divided into 2 groups to play "Act Jeopardy", which was a smaller version of the popular "Jeopardy" game. Challenging categories to choose from were given, such as "ACT", "Psych Rehab", "E-IMR" and "Harm Reduction". The teams did very well with "Team Charise" leading in scoring and ultimately winning the game. However, their competition team, with Clay K. as spokesperson, rose to the occasion in the end, risking all their points to double their score and joining their competitors with a correct Final Jeopardy answer. Though unable to pull ahead of Team Charise in points, it was a gallant last effort! Small prizes were awarded not just for the winners but everyone participating.

Lunch was fabulous; a catered in "taco bar" from the local El Espolon that had tons of food with way too much leftover!

During the meal, awards were presented to teams based on 2 years of client outcome data and for the 10/18-10/19 year TMACT scores. Presented were outcome awards for:

Least incarcerated - BJC TAY & Ozark Center Adult teams

Least psychiatric hospitalizations—Burrell IMPART & Ozark Center Adult teams

Least in-patient SUD—Burrell TAY BHDD & Ozark Center Adult teams;

Highest competitive employment—Compass St. Charles TAY & Burrell SW Adult teams

Highest educational activity—Burrell Columbia TAY & Places for People ACT 1 teams

Honorable mentions included-

Adult team category:

Family Guidance Adult team for low in-patient SUD and high

competitive employment; Places for People FACT team for high competitive employment; Compass Nevada Adult team for high competitive employment.

In TAY team category:

BJC TAY for high competitive employment; Burrell Columbia TAY for low incarcerations; Burrell Sedalia TAY for high competitive employment; Compass St. Charles for low incarcerations; Compass Jeff City for high competitive employment; Ozark Center TAY for high competitive employment.

TMACT score 10/18 to 10/19 awards included:

Most improved fidelity score

Adult—Places for People Home Team

TAY—3 way tie between Hopewell TAY, Ozark Center TAY and Compass Jeff City teams

Highest overall score

Adult—Places for People FACT team

TAY—Ozark Center TAY team

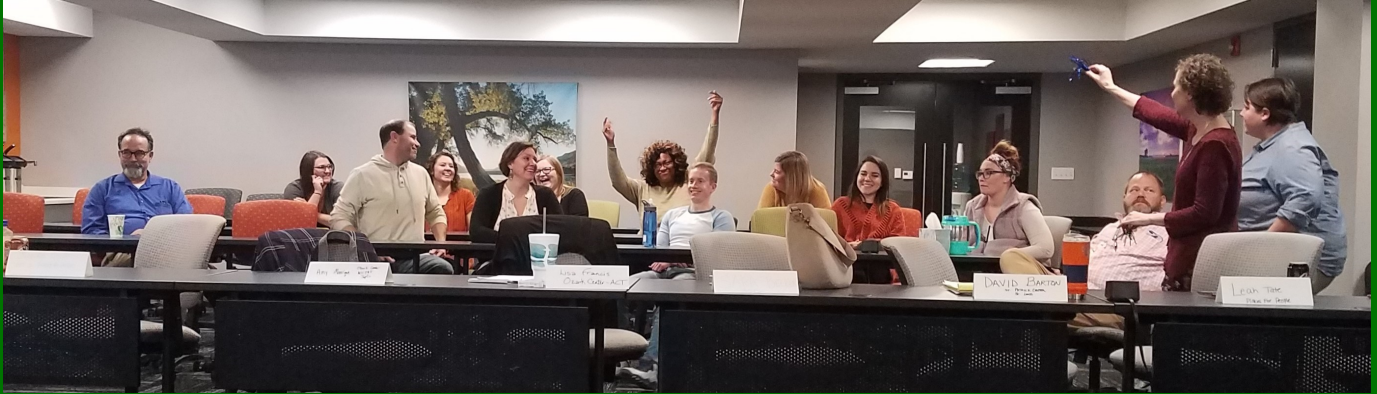
CONGRATULATIONS to all the award winners and thank you for the hard work.

After lunch, participants were divided into groups to pick a topic of their own choosing to discuss, followed by presentations of their discussions to everyone. Then, by earlier selection, the topic of "supervising a team" was given for a second new small group discussion. Ideas and a lot of shared strategies were discussed with most sharing that they had some helpful new information to share with their team or to use in overseeing their ACT program.

The ACT outcome comparative data was presented to everyone, including the opportunity to share success stories associated with some of the most encouraging data. Participants were given their own team's data to take with them for review.

It was an honor for DMH to host the meeting this year, get to meet new folks and visit with ones that we are familiar with. We look forward to next year and to knowing how much of a difference these teams are making in our agencies and for our clients most in need of special care—the Assertive Community Treatment approach.

ACT Team Leader Face to Face meeting photos





To find past issues of the ACT Newsletter, go to the DMH—ACT page at:

<https://dmh.mo.gov/mental-illness/provider/act>

Scroll down to “newsletters” and find your archived online copy!

NAMI Support Group listings can be found at:

<https://namimissouri.org/support-groups/>

Missouri ACT is on the web!

<https://dmh.mo.gov/mental-illness/provider/act>

NEW FACES IN ACT!

Burrell IMPART Team:

Jeremy Ellison – CSS
Erica Coffin – Peer Specialist

Burrell SW Adult team:

Cathy Myers – Peer Specialist
Sheri Orchard-Sloan – SEE Specialist

Hopewell TAY Team:

Keith Gregory – CSS

Ozark Center TAY Team:

Shianne Davis – Program Assistant

Places for People – ACT 1 Team:

Jennifer McColgan – Therapist

Places for People – FACT Team:

Chrissy Roberts – RN/prescriber
Shavoun Johnson – RN

Preferred TAY Team:

Tracy Pospisil – COD Specialist

ACT Tips & Tools of the Trade

Does your team work with young adults who may be having their first episode of psychosis? These individuals are in critical need of services quickly. It is important for them to be evaluated appropriately and thoroughly, to ensure first episode psychosis is detected and treatment is begun. First episode psychosis treatment can involve medication therapy but sometimes families opt to try for other approaches. Understanding the nature of first episode psychosis, how treatment may be different from standard approaches and how to help lower the rate of hospitalizations is key to helping individuals with more positive outcomes. The Navigate Program is specifically designed for first episode psychosis treatment and offers specialized care including a trained prescriber, Individual Resiliency Training (IRT), Family Education, Supportive Employment, case management and peer support. If these sound familiar, it is because ACT is designed to be able to pro-

vide services aligned with the Navigate model. Effective TAY teams are proficient in the use of the Navigate model within their ACT service array.

Susan Gingerich has worked closely with individuals with mental illness for over 30 years and has assisted in training Navigate and ACT teams to become effective in treatment for first episode psychosis.

If you would like to learn more about Navigate, and to ensure your team is prepared to work with young adults needing help for early psychosis, click this link to the DMH ACT website; Orientation to the Navigate Program for First Episode psychosis:

<https://dmh.mo.gov/media/pdf/orientation-navigate-program-first-episode-psychosis>



For resource information on Supported Employment and Education services for Transitional Age Youth, visit the DMH website:

<https://dmh.mo.gov/mental-illness/provider/act>

And click on ACT & Transition Aged Youth



Follow PACTwise team solutions 'blog for interesting articles written by fellow ACT staff with over 30 years' experience in the field at: <https://pactwiseblog.com/>

TEAM MEMBER SPOTLIGHT

Name: Don Shipp

Team/Location: Places for People, all ACT teams, St. Louis MO

Position/Role: ACT Program Manager

Favorite thing about working on ACT team: Having done case management most of my career, I can honestly say that my ACT experience is the most rewarding. I have always been blessed to work with the populations we serve. ACT has afforded me to have a richer personal experience. Having a concert of other disciplines partnering closely on our clients well being is so much more fulfilling. Having clients together allows for a much tighter bond between team members. We celebrate successes and mourn losses together. When I have to drop the baton someone is there to pick it up. Likewise I have been able to pick up the baton when someone needed to tap out.

Favorite Food: Food is like children, they are all my favorite. I have had a particular visceral meal recently that was very delightful. "Just out of the oven, home made wheat bread which I just toasted. I used homemade black berry jam and store bought almond butter as the toppings. " I tell you what!!!!

Something to share with other ACT teams: There are a lot of fidelity measures in our model. If I were the king of the world I would weigh the intensity of contacts, frequency of contacts, contacts with natural supports at a higher value than the other measures. Mental illness can just be so isolating and socialization is such a central part of what it is to be a human. Some times it takes a long time for us to be able to become part of our person's served life but it is worth it. It is hard. I would jokingly say that one of the criteria to be ACT eligible was that the person thought a five minute visit once a week was too intense.

TMACT Corner

TMACT 1.0 Revision 3

Use of outreach and motivational interviewing techniques by the COD Specialist

The TMACT Protocol specifies in scale item ST2 (Specialist Team, item2) that the specialist employs MI techniques and does outreach to those individuals in early stages of treatment for COD. No credit is given if the specialist does very little outreach or does not employ MI techniques in treatment. Partial credit is given for a cursory understanding of MI and limited efforts in outreach, with most of the effort going toward those in later stages of change. Full credit is given when there is clear evidence of outreach strategies used with those in earlier stages of change and that the specialist is adept at use of MI techniques, especially with those in contemplative stages of change. Ensure your COD specialist has had thorough training and application of MI and is using outreach with those in early stages!

You can receive ACT specific technical assistance from DMH staff. They are happy to assist!

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RESOURCES



Center for Evidence-Based Practices at Case Western Reserve University

<http://www.centerforebp.case.edu/>

Individual Resiliency Training (IRT)

<https://raiseetp.org/studymanuals/IRT%20Complete%20Manual.pdf>

Copeland Center for Wellness and Recovery

<http://copelandcenter.com/wellness-recovery-action-plan-wrap>

Division of Behavioral Health Employment Services

<http://dmh.mo.gov/mentalillness/adacpsemploymentservices.html>

Dartmouth Supported Employment Center

<http://www.dartmouthips.org/>

Certified Peer Specialist

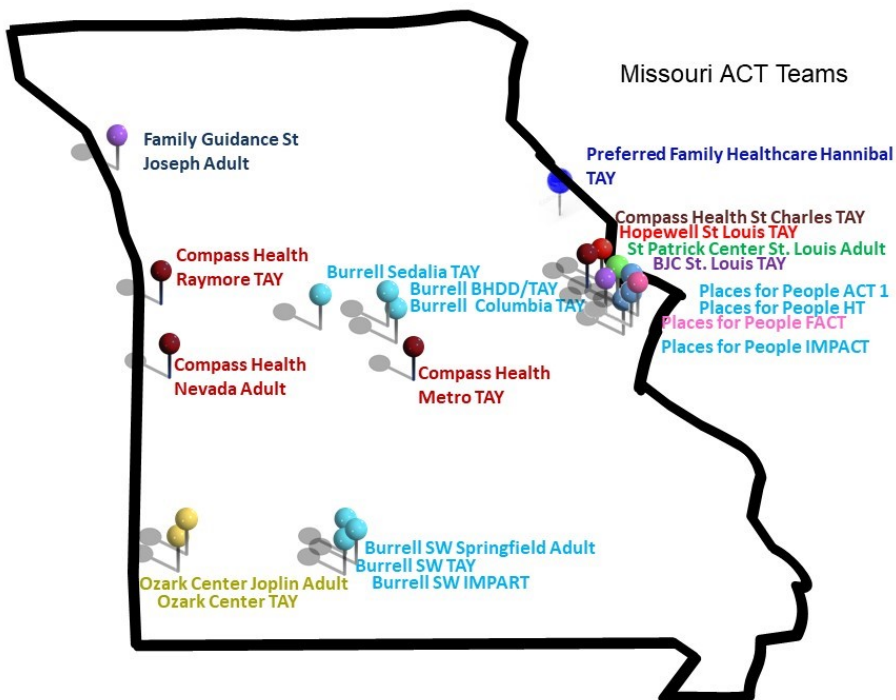
<https://dmh.mo.gov/mental-illness/peer-support-services>

SSI/SSDI Outreach, Access and Recovery (SOAR)

<http://soarworks.prainc.com/>

Missouri Recovery Network

www.morecovery.org



Missouri
Assertive Com-
munity Treat-
ment Newsletter
Issue 25
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To access the free
and downloadable
**Supported Hous-
ing Toolkit** on the
**Substance Abuse
and Mental Health
Services Admin-
istration
(SAMHSA) web-
site:**

[CLICK HERE](#)

Take the free
**SOAR
online
training
course** by
visiting

<http://soarworks.prainc.com/course/ssissdi-outreach-access-and-recovery-soar-online-training>

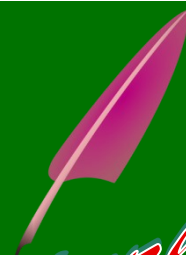
ACT Trainings

DMH fidelity staff have been working hard to ensure relevant trainings are available for all ACT staff, including principles and best evidence based practices. Trainings developed over the past few years have been made available through different venues and sources. Some of our role orientation trainings which are often not lengthy, are made available via a You-Tube link to be viewed at the staff's convenience. Other trainings are available via a group webinar or a webinar set up only for staff at your location or agency. These can be more targeted depending on the needs of your team. Also live trainings are available on-site by fidelity staff. These are often more lengthy and are interactive or demonstrative. Some trainings via webinar are set up on certain dates and open for any teams or individuals on teams to attend. Lastly, live or web based trainings are made available via national trainers for multiple teams or team staff to attend. A list of current training options is listed below:

- Orientation to Role (recorded, live or web based) - All ACT team members individually
- ACT Orientation Start-Up Training (live or web based) –full team
- ACT overview (web based or live) - anyone, including administrative agency staff
- Psychiatric Rehabilitation (live or web based) - any team member but especially for CSS/HIS and Peer Specialists
- Treatment Planning for ACT teams (live or web based) -any member
- The ACT Model of Working as a Team (recorded, live or web based)-any member
- Introduction to ACT for administrators (recorded, live or web based) - Team Leadership or administrative staff
- Harm Reduction (live or web based)-any member but especially for COD specialists
- Essential Documentation for ACT (recorded, live or web based) - for Team Leaders and Program Assistants
- E-IMR (live) - for all members
- SEE Overview (live or web based) - any member but especially SEE specialists
- Choosing an Effective Leadership Style (recorded, live or web based)-Team Leaders, Assistant Team Leaders
- 2 day WRAP training (live)-all or certain members as a group
- Family Interventions (live or web based) - any team members
- Customized trainings developed based on team need can be requested!



Arts & Literature



Expression



Creativity

written by Melvin Pierce inspired
by God. ACT Team

Take ear fellow traveler I listen
To my plea, my woes are that I don't
Always listen to my God, I step into
Traps that I should know to stay clear
Traps of worry and anxiety, listen
to this one, demons before demons
attack me day and night. They
scurry through my mind torturing
at my demise from their tricks deceit
and hate, but yet thinking it all
even stuff I cannot explain.
My God the living God is there
yes Father, Jesus, Holy Spirit is
there. Count yourself lucky, you
don't walk in my shoes. I thank
God that I do not know your
woes or walk in your shoes too.
For God gives each an amount
that they can handle, and if it gets
too much, God gives help from
persons that do the work of
angels to help us get through
Praise the living God.

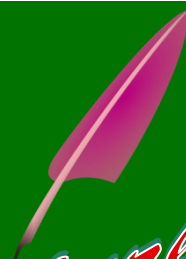
By Melvin Pierce—ACT
team

Artwork by Elizabeth Meredith,
IMPART

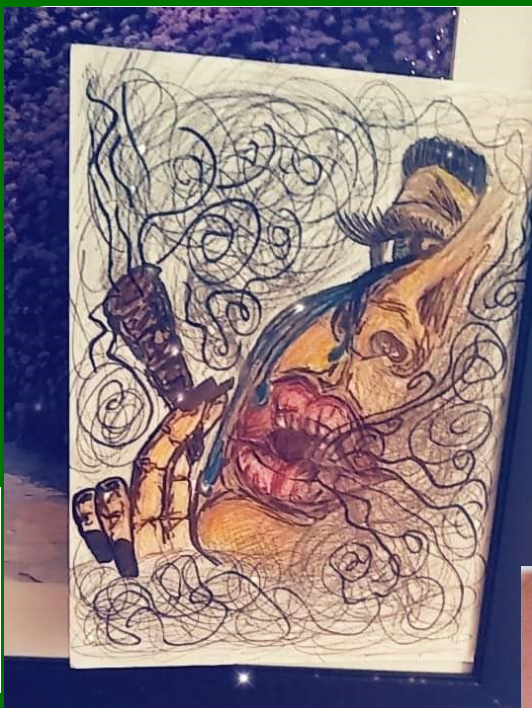




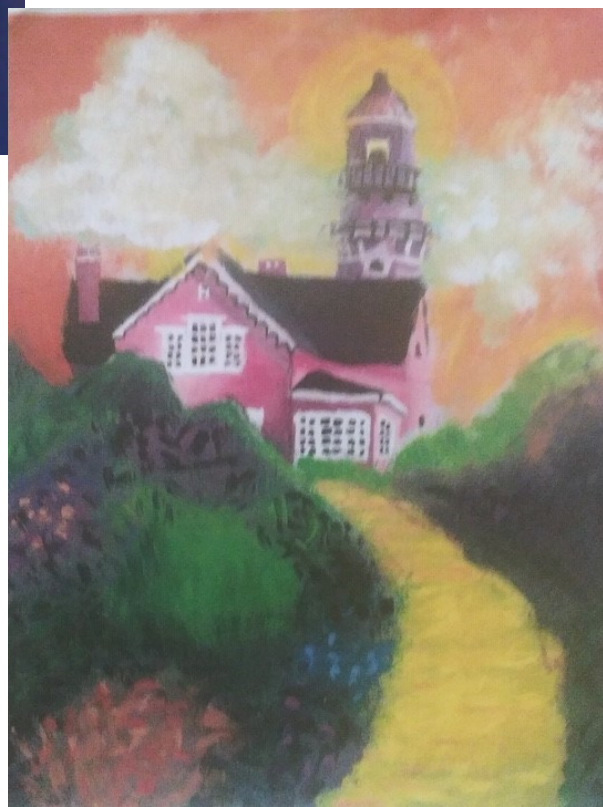
Arts & Literature



Expression



Artwork by Elizabeth Meredith,
IMPART



Creativity

SUBMIT ART, POETRY, PHO-
TOS, TESTIMONIALS, SHORT
STORIES, PHOTOS OF PAINT-
INGS, SCULPTURE, ETC.—TO
LORI.NORVAL@DMH.MO.GOV,
WITH YOUR PERSONS' SERVED
PERMISSION